MaST Community Charter School 2026-27 Physical Education Course Syllabus

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The Health and Physical Education Department at MaST Community Charter School recognizes the importance and value of regular physical activity. This course is designed to provide students with the knowledge and skills necessary to perform a variety of physical activities, develop and enforce good sportsmanship respect for others, and one's-self, to improve and maintain their physical fitness level, and to value as well as enjoy physical activity as an ongoing part of a healthy lifestyle.

Classroom Rules & Expectations:

1. ***Golden Rule*:** It is often loud in the gym and hard to hear. To show respect to me and your fellow classmates, no one should be talking while the teacher or another classmate is speaking.

2. Be in the gym/fitness center ready to go at the designated time. Tardiness = detention.
    - If a student accumulates 4 "lates" in a quarter, a detention will be issued.

3. In order to have a safe classroom environment where all students feel comfortable, no put-downs or swear words with demeaning connotations will be accepted. Any student(s) who try to embarrass, "show-up," or direct obscene or vulgar language towards the teacher and/or fellow classmates will immediately be issued detention.`

4. Any student acting in an inappropriate or unsafe manner will be asked to leave the gym/fitness center.

5. Be respectful of all equipment in the gym/fitness center. If you cannot, you will not be allowed to use it.

6. **Electronic Devices:** NO Phones/Headphones/AirPods will be allowed at any point. Chromebooks will only be allowed out when the teacher assigns the students to work on an assignment/project, or take notes when applicable.

Physical Education Uniform:

- **Tops:** T-shirt or hoodie that must say "MaST"
  No crop tops, tank tops, cut-offs
- **Bottoms:** Athletic shorts or Sweatpants
  No skirts, yoga pants, spandex, short shorts, jeans, pajama pants, or khakis
- **Sneakers are a requirement for active participation.**
  No boots, slides, flip flops, moccasins, Uggs, Crocs
- **All jewelry must be removed and bags/purses placed in the locker room prior to participation in physical activity.**

Students are expected to have their gym uniforms available to change into on a daily basis.

- Students not in compliance with the required physical education uniform will be considered "**unprepared**" for the day.
- Students are given 3 free "unprepareds". **If a student accumulates 4 "unprepareds" in a quarter, a detention will be issued.** Each additional "unprepared" for the quarter will result in a detention.

Saying you forgot your uniform is not an acceptable excuse for not participating in class. It would be a good idea to find an old pair of shorts/sweatpants/sneakers and leave them in your locker in case such a situation occurs.

Grading:
I update PowerSchool regularly, you will be able to view your child's progress in the class at any time.
Each quarter is worth 45% of your final grade. The final exam is worth 10% of your final grade.

- **Participation 50%**
  - Students will be expected to participate on a daily basis. You will be given a daily participation grade out of 5 points based on your participation level. (See rubric attached)

- **Quizzes 25%**
  - Quizzes will be given at the end of each individual unit to assess students' comprehension of topics covered. Advanced notice will be given for all quizzes and study guides will be given out.

- **Homework 25%**
  - While homework is not common, there will be occasions students are required to complete homework assignments throughout the semester. Homework assignments might include completing worksheets, study packets, or guided notes.
  - Several projects will be assigned throughout the course of the semester. These will be counted as homework assignments.

Due Date Policies:
All late assignments (that are not excused) can be made up, but students will receive 10% off their final grade for every day that it is late.

Sickness/Medical:
If medical issues exist (asthma, sports injuries, illness) that will limit or prevent a student from participating in class, documentation must be provided to the school nurse and Health/PE instructor.

Without a note, the student will be expected to participate in all activities. In the event a student cannot participate on a given day due to illness, a doctor's note or a parent's note must be provided to excuse the student from that day's class.

Absences:
Students are responsible for all work missed when absent from class, including handouts, quizzes, and homework assignments. Students will report to the teacher the next day that they return to school to obtain make-up work and find out what they missed.

Academic Integrity:
Do not cheat, plagiarize, or copy work. Cheating (copying work from another source ***or*** student without giving proper credit) is completely unacceptable. If you are found cheating on any assignment you will receive a "0" on that assignment with no opportunity to re-do the work for credit and an after school detention.

Acknowledgement:
Please have a parent or guardian complete the Syllabus Acknowledgement Form on Google Classroom ***by Wednesday, September 2nd*** *acknowledging that they have read and agreed to the terms of the syllabus, in addition to providing a means of communication and other notes or relevant feedback.*